



Three-Grain Breakfast Cereal with Walnuts and Dried Fruit



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



191 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 7 ounce fruit mixed dried chopped (such as Sun-Maid brand)
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.3 cup honey
- ☐ 0.5 cup maple syrup
- ☐ 4.5 cups oats

- ☐ 1 cup quick-cooking barley uncooked
- ☐ 1.5 tablespoons vanilla extract
- ☐ 0.8 cup walnut pieces chopped
- ☐ 0.5 cup wheat germ

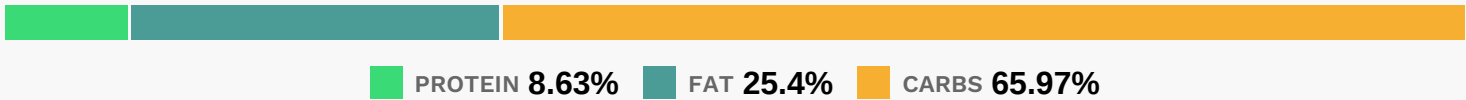
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 32
- ☐ Combine first 4 ingredients, stirring with a whisk.
- ☐ Combine oats, barley, walnuts, wheat germ, cinnamon, and nutmeg in a large bowl.
- ☐ Add syrup mixture; stir well to coat.
- ☐ Spread oat mixture evenly onto a jelly-roll pan coated with cooking spray.
- ☐ Bake at 325 for 30 minutes or until browned, stirring every 10 minutes. Stir in dried fruit. Cool completely.
- ☐ Note: Store in an airtight container for up to 5 days.

Nutrition Facts



Properties

Glycemic Index:10.62, Glycemic Load:8.62, Inflammation Score:-2, Nutrition Score:8.5608694977734%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 190.63kcal (9.53%), Fat: 5.54g (8.52%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 32.37g (10.79%), Net Carbohydrates: 28.11g (10.22%), Sugar: 12.27g (13.63%), Cholesterol: 0mg (0%), Sodium: 3.73mg (0.16%), Alcohol: 0.28g (100%), Alcohol %: 0.68% (100%), Protein: 4.24g (8.47%), Manganese: 1.32mg (66.14%), Fiber: 4.26g (17.06%), Selenium: 9.7µg (13.86%), Phosphorus: 119.45mg (11.94%), Magnesium: 46.38mg (11.59%), Vitamin B1: 0.16mg (10.34%), Copper: 0.2mg (9.91%), Vitamin B2: 0.15mg (8.53%), Zinc: 1.25mg (8.35%), Iron: 1.31mg (7.3%), Potassium: 191.27mg (5.46%), Vitamin B6: 0.1mg (4.9%), Folate: 17.96µg (4.49%), Vitamin B3: 0.83mg (4.13%), Calcium: 36.79mg (3.68%), Vitamin B5: 0.31mg (3.08%), Vitamin K: 3.15µg (3%), Vitamin E: 0.43mg (2.86%)